

Neck Comforter -- Frequently Asked Questions

1) What is Traction? Why is it important?

Spinal traction is stretching the spine length wise to counter the effects of gravity. Neck traction can stretch and relax the neck and shoulder muscles while helping to improve spinal posture. The stretching can decompress the spinal discs which may minimize bulging and ease the constriction on nerve and blood circulation. Neck traction can also help reduce pressure on painful and stiff joints to help relieved pain and improve mobility.

2) How long should I be using the Neck Comforter for?

For best results, we recommend that you use the Neck Comforter about 2-3 times a day for at least 20 minutes each time. However, if you would prefer to use it for a longer period of time, you should feel free to do so as there are no harmful side effects.

3) What feeling should I be experiencing when using the Neck Comforter?

You should feel a gentle stretching of your neck and also the feeling of your shoulders being pushed downwards. Your head will also be totally supported by the Neck Comforter and should feel as if it is "floating" above your neck and shoulders.

4) When will I start to feel a difference?

Most people feel the stretching effects right away on their neck and upper shoulder muscles. In fact, after using DR-HO'S Neck Comforter for 20 minutes, most people experienced an increased range of motion and almost immediate relief of soreness, numbness and cold sensation in the arm and hand areas.

5) Can I use the Neck Comforter while lying down?

Yes, you may definitely do so. However, it is more effective if you are sitting in an upright relaxed position. We recommend that you do not sleep with the Neck Comforter on fully inflated.

6) How will the Neck Comforter help me with Carpal Tunnel Syndrome?

DR-HO'S Neck Comforter helps relieve this pain by stretching and straightening your neck while improving your posture. This helps decrease the pressure on the nerves in the neck and helps increase blood circulation to the upper limbs. Improved blood circulation helps relieve the pain radiating down the arm to the wrists and allows your body to recover at a quicker pace.

7) How will the Neck Comforter help me with my posture?

DR-HO'S Neck Comforter will lift the head up and remind you to straighten up. It will help you become more aware of your posture especially when you are sitting down. With greater awareness of your posture, you can also help train yourself to become straighter.

8) How does the Neck Comforter help with herniated/bulging discs and circulation?

Neck traction helps by decompressing the spinal disc, negating the pressure from the weight of the head and also from the pulling effects of tight muscles. The decompression may help to reduce the bulge and ease irritation and constriction on nerve and blood vessels sitting close to the spinal disc.

9) How will the Neck Comforter help me with headaches?

Headaches can result from tension and pain in the neck and shoulders. By stretching the neck and shoulders to relax the muscles can help to ease radiating pain from the neck to your head. Also tight neck muscles can irritate nerves at the upper back side of the neck which cause headaches. Neck traction can relax the muscles at the back of the neck to reduce the irritation on the nerves that are causing the headaches.



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